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How many calories in arby's fries

How many calories in arby's small fries. How many calories in arby's french fries. How many calories in arby's crinkle fries. How many calories in an arby's large fries. How many calories in arby's curly fries. How many calories in arby's small crinkle fries. How many calories in arby's loaded fries. How many calories in arby's small curly fries. How many calories in arby's large curly fries. How many calories in arby's large crinkle fries. How many calories in arby's medium crinkle fries.

Arby's Crinkle Fries come with a calorie count between 250-620 calories. The smallest size has the least calories at 250, while the largest size contains the most calories, which is 620. To see the full nutrition facts, choose your desired size from the list below. The Curly Fries offered by Arby's are cooked in vegetable oil and enjoyed for their unique shape and crispy texture. This quick guide provides information on the number of calories and ingredients used to make these curly fries. A small order contains 410 calories, with a medium order having 550 calories and a large order containing 650 calories. The calorie breakdown by macronutrient is as follows: fat accounts for 49% (22 grams), carbohydrates contribute 46%, and protein makes up the remaining 5%. A small order has 200 calories from fat, 190 calories from carbs, and 20 calories from protein. According to dietary guidelines, it's recommended to limit saturated fat to less than 10% of total calories. However, Arby's curly fries deliver 27 calories from saturated fat, which is about 15% of the recommended limit based on a 2,000 calorie diet. Additionally, one small order has 940 milligrams of sodium, which accounts for 40% of the daily recommended intake (based on a 2,000 calorie diet). High sodium diets have been linked to an increased risk of high blood pressure and other health concerns. The ingredients used to make Arby's curly fries include potatoes, vegetable oil, enriched bleached flour, salt, corn starch, onion powder, yellow corn meal, spices, garlic powder, leavening agents, modified corn starch, dextrose, spice and coloring, natural flavor, dried torula yeast, xanthan gum. Here are the key ingredients used in KFC Secret Recipe Fries, along with brief explanations: Sodium Acid Pyrophosphate (may also be referred to as SAPP) acts as a leavening chemical and enhances flavor and color. It is an inorganic compound made up of sodium cations and dihydrogen pyrophosphate anions. Other ingredients include Thiamin Mononitrate, which is the nitrate salt form of Vitamin B1 used to enrich the flour, and Torula Yeast, a byproduct of paper production that serves as natural flavoring. The curly fries are made with wheat-containing ingredients and are cooked in oil that might also be used for other menu items containing egg, milk, fish, or soy. A comparison table is provided, showing the nutrition facts for Small Curly Fries from Arby's. This information is based on available data as of the article's publication date and may not reflect current recipes. The nutrition facts reveal that a serving of Small Curly Fries contains 410 calories, with most coming from fat (41%) and carbohydrates (54%). It would take about 36 minutes of running or 59 minutes of walking to burn off these calories. For comparison, the Snack/Kids Curly Fries have 160 fewer calories at 250 calories per serving. A poll on our website found that only 17% of voters consider Small Curly Fries a healthy option from Arby's. Please review the nutrition facts and cast your vote on whether you think these fries are healthy or not. Curly Fries is considered a healthy option. The majority (93%) of voters find the taste of Small Curly Fries great. **Important allergy information:** Arby's Curly Fries contain gluten and wheat, but do not include egg, fish, milk, peanuts, shellfish, soy, or tree nuts. The ingredients in Arby's Small Curly Fries are as follows: Potatoes, Vegetable Oil (containing one or more of the following: canola oil, soybean oil, cottonseed oil, sunflower oil, Corn Oil, palm oil), Enriched Bleached Flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), Salt, Corn Starch, Onion Powder, Yellow Corn Meal, Spices, Garlic Powder, Leavening (sodium acid pyrophosphate, sodium bicarbonate), Modified Corn Starch, Dextrose, Spice and Coloring, Natural Flavor, Dried Torula Yeast, Xanthan Gum, Sodium Acid Pyrophosphate (to preserve natural color). Cooked in Corn Oil. **Contains:** WHEAT. Additionally, it may be cooked in the same oil as menu items containing Soy, Egg, Milk, and Fish (where available). In terms of nutritional value, a serving of Arby's Small Curly Fries contains 13 Weight Watchers Freestyle Points, 13 WW SmartPoints, and 13 WW PointsPlus.